



# Virginia Amateur Sports, INC

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## FOR IMMEDIATE RELEASE

Date: April 30, 2026

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### **28th Annual Smith Mountain Lake Triathlon**

Virginia Amateur Sports, in partnership with Kinetic MultiSports, is proud to announce that the 28th Annual Smith Mountain Lake Triathlon will take place this Saturday, May 2, at Smith Mountain Lake State Park.

This year's event has drawn more than 320 competitors representing 16 states and Washington, D.C. Online registration remains open through May 2. Both individual athletes and relay teams will compete, with 14 teams participating. Relay teams consist of one swimmer, one cyclist, and one runner, while individual competitors complete all three disciplines. Athletes range in age from 13 to 77, and more than 110 participants will be racing in their first-ever triathlon.

The race begins at 9:00 AM with athletes entering the water in timed waves (two athletes every 3–5 seconds) for a 750-meter swim. Competitors will then transition to a 20K bike course, followed by a 5K run through the park. An Aquabike division is also offered for participants completing only the swim and bike portions.

Awards will be presented to the top three overall male and female finishers, the top three in each age group and gender, and the top three relay teams in each category. Additional awards will be given in the Clydesdale, Athena, and Military divisions. All finishers will receive medals as they cross the line.

The Smith Mountain Lake Triathlon is part of the Virginia State Parks Adventure Series.

This year's Title Sponsor is Charlene Jones, REMAX Lakefront Realty, with additional support from Haley Toyota of Roanoke.

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For more information on the event, including images for download, visit: [www.CommonwealthGames.org](http://www.CommonwealthGames.org)

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